

Disaster Planning Checklist for Individuals and Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables	√
Ready-to-eat canned meats, fruits, vegetables and soups	
Protein or fruit bars	
Dry cereal or granola	
Peanut butter or nuts	
Dried fruit	
Crackers	
Canned juices	
Bottled water (1gallon per day per person	
Powdered Milk	
Canned or jarred baby food and formula	
Pet food	

Examples of medical, health, and emergency supplies	√
Prescription medications for entire family	
Prescribed medical supplies such as glucose and blood pressure monitoring equipment	
Soap and water, or alcohol-based hand wash	
Medicines for fever, such as acetaminophen or ibuprofen	
Thermometer	
Anti-diarrheal medications	
Vitamins	
Fluids with electrolytes	
Cleansing agent / soap	
Flashlights	
Batteries	
Portable radio	
Manual can opener	
Garbage bags	
Tissues, toilet paper, disposable diapers	
NOAA Tone Alert Weather radio	
Basic First Aid Kit	
Cash (ATM'S may not be working)	
Extra clothing for entire family	